

DANCER DEFENDS HER ART AS AID TO ROBUST HEALTH

Violet Zell Argues in Behalf of Exercise Which She Says Has Tonic Effect if Not Overdone.

"All healthy people should dance the modern dances. Dancing prolongs life; it cures nervousness, it makes one graceful and, above all, it makes people natural, which in many cases counts far more than beauty," said Miss Violet Zell, who has delighted theatregoers with her weird exhibition of "modern dancing burlesque" in "Chin-Chin," at the Forrest Theatre.

Miss Zell is considered an authority on dancing by members of the theatrical profession. She has danced virtually all her life, and she has succeeded in making a suitable partner for Fred Stone, and that is "going some," as one of the profession put it.

Weighing only 95 pounds Miss Zell dances as if her limbs were made of India rubber. Fred Stone in the "Dance Poetique" throws her over his shoulder and finally falls over her and people wonder that she does not break in two. She appears as Fan Tan and besides many acrobatic "stunts" her performance is wonderful in many respects.

Miss Zell said yesterday that she had never been sick a day of her life and although she "knocked wood" as she said it, she attributes her remarkably good health to dancing.

"In the first place," she said, "dancing keeps down the weight. Of course, every one knows that, but I do not think that it makes one thin. It may at first, but, like any other healthful exercise, it acts as a tonic and keeps one in fine condition, both mentally and physically, and keeps the weight down to just where it should be."

"Dancing is a natural instinct. Some of the modern dances are practically the same as the primitive forefathers danced, and after all they are natural, and being natural, it is only natural that they should be beneficial.

"The modern dances make one graceful, there is no doubt of that. When you think of it, all people would be graceful. We all start with equal chances, and in there anything more graceful than an infant? In youth we are all graceful, and as we grow older, grace is an acquired habit that may come from many sources. Will power and determination can make every one graceful, and dancing is one of the greatest help to the will power in reaching the desired goal.

"Many people are ungraceful through self-consciousness or nervousness. We all know the pretty girl who looks like a doll, and we also know that there is nothing graceful about a doll. The good dancer should relax and become perfectly natural, and if the true spirit of the dance is reached any affectation will disappear.

"TOO MUCH OF A GOOD THING. "All healthy people should dance—those with weak hearts and other afflictions should see a doctor, but dancing is, without a doubt, the best kind of exercise that there is. Of course, like everything else, it can be overdone. Society girls and others who dance morning, noon and night, in other words, girls who really have the craze to the extent that they want to be dancing all the time, are really doing a very foolish thing. That is, if they dance to excess.

"Girls who dance continually run the danger of having their bunions joints enlarged and you know how ugly swollen bunion joints can make the foot look. Moderate dancing may enlarge the feet slightly, but that is quite natural.

"DANCERS LONG-LIVED. "Dancers live longer than other people, I think. I remember an old lady who taught me. I have heard that she was an old woman more than 20 years ago, and she must be near 80. Even today she can do the most graceful steps. Many famous dancers have lived to a very old age.

"Society people who really have the dance craze should take plenty of sleep. Dancing is a very good physical condition that we get to the stage where we no longer feel tired. Nevertheless, plenty of sleep is absolutely necessary. Theatrical people seem to keep their youth longer than others. That is a well-known fact, and goodness knows they have to work hard enough at that."

MODERN DANCING. PALACE BALL ROOM. 39th and Market Sts. RECEPTIONS MONDAYS, WEDNESDAYS AND SATURDAYS WITH LARGEST ORCHESTRA. CLASS AND CLASS RECEPTION TUESDAYS AND THURSDAYS. Private lessons by appointment.

MODERN DANCING. PROF. V. H. ROBERTS. Resumes his wonderfully successful line lessons in modern dancing. Tuesday and Thursday evenings. Reception, Tuesday and Thursday evenings. Admission 10c. High salaries instructors give personal attention.

MODERN DANCING. CHAS. J. COLL'S. Corner 38th and Market Streets. Beginners' and Dancers' Class in the Modern Dances. Tuesday & Friday, \$1 Per Month. Polite Assemblies, Mon. and Sat. Grand Opening of BRANCH ACADEMY. 22 South 40th. Wednesday Evening, October 21.

LOESER'S NIXON THEATRE BLDG., 520 ABOVE CHESTNUT. RECEPTIONS MONDAY AND SATURDAY. Private Lessons. All Modern Dances. Class Tues., Wed. & Friday Evgs. High School Class Friday After. 4 to 6. MONDAY ONE STEP CONTEST. CABR NIGHT. Ball can be rented. Phone, Edl 3893 D.



THEY CALL HER THE INDIA RUBBER GIRL. She is Violet Zell. She is 19 years old and as light as a feather. She is tossed about until you imagine you can hear the bones cracking, but she comes out of the rough Chin-Chin dance unruined.

The secret is that they take good care of themselves, they take plenty of sleep, and the constant use of cosmetics or "make-up," through the constant massaging, helps to keep the skin fresh and clear. There is no need to mention Lillian Russell and a few others.

FOOTWEAR AND-GOWNS. "For the ballroom I would advise girls to wear medium-high French heels. They look so much better than low heels, and after all we all try to look as pretty as we can. High shoes are to be recommended whenever it is possible to wear them. The support they give the ankles is very beneficial, and I see no reason why they should not be worn at afternoon teas.

"Massage is a great thing for the legs and ankles, and I would advise girls to use witchhazel or alcohol. Personally I always use witch hazel. Tight corsets are undoubtedly injurious to the body, and the more so when the wearer wants to dance. I think the elastic gowns are great things, as these seem to be just enough pressure to make one comfortable.

"One thing all dancers should learn, and that is to breathe properly. There is no reason why dancing should make one out of breath, that is, as soon as we have some enough of it. I would not go so far as to say that the 'tango breath' will be the latest thing in the modern dancing line."

Tugs Sent to Help Grounded Ship SAVANNAH. Ga., Oct. 10.—Tugs have been sent to the assistance of the British steamship St. Quentin, which went ashore on Garton bank, off Tybee, last night, and is in a dangerous position.

NEGRO THIEF ARRESTED. Man Thought to be Ringleader of Band Captured—Loot Recovered. Thousands of dollars' worth of loot and many pawn tickets found today in the cellar at the home of Daniel Reilly, a Negro, 144 Bainbridge street, after Reilly had been arrested following a battle with the police led to the belief that the ringleader of a band of thieves who have been terrorizing downtown storekeepers, has been captured.

Reilly was arrested early this morning at 15th and Bainbridge streets as he crawled from the cellar window of Morris Myerhoff's pawnshop. He struggled and fought with Policeman Johnson, of the 29th and Fitzwater streets station, who arrested him after knocking him down with a blackjack.

Johnson held tight to the Negro and without any assistance led him to the patrol box. Later this morning Magistrate Toughill held Reilly in \$100 bail for court. A wagon which was driven from 15th and Bainbridge streets at the time of Reilly's arrest is thought to have contained what was later discovered missing from the pawnshop.

Special Policemen Dornic and Gibson, who went to Reilly's home, discovered a collection of valuables in the cellar.

WALTER J. RUZBY. Provides a charm of comfort and ease and a most desirable environment that has established it as an ideal seashore home on the ocean front. Capacity 500.

THE PHILADELPHIA ART GALLERIES. S. E. Cor. 15th and Chestnut Streets, 2d Floor. REED H. WALMER, Manager. LATE M. THOMAS & SONS. SALE CONTINUES THIS AFTERNOON. And Following Days at 2:30 o'Clock.

MAGNIFICENT FURNISHINGS AND CHOICE ART TREASURES. From the Residence of the Late L. McMANUS. ALSO. From the Residence of MRS. E. F. COLEMAN, Conshohocken, Pa.

EAST INDIA AND JAPANESE CARVED FURNITURE. THE VALUABLE PAINTINGS WILL BE SOLD WEDNESDAY AFTERNOON, OCTOBER 14. And Works of the Following Eminent Artists Will Be Found.

AL WHITE COLONIAL THEATRE (Himself) 15TH & CHESTNUT STS. TEACHER. ALL THE MODERN DANCES. PRIVATE AND CLASS. ALSO STAGE DANCING.

FRICKE N. E. COR. BROAD AND COLUMBIA AVENUE. Latest Dances Taught. CLASS OPEN CLASS WEDNESDAY & FRIDAY NIGHTS. RECEPTIONS MONDAY & SATURDAY. Private Studio, 2018 N. 15th St. Dia. 9775 W.

PROFESSOR GEORGE MILLS. MODERN SOCIETY DANCES. Private and Class Lessons. Studio at Your Home. 2335 N. CARLELE STREET.

MERCER DEMOCRATS MAKING A VIGOROUS FIGHT FOR CONGRESS

Encouraged by Dissatisfaction Among Adversaries Over Renewed Activity of Men Who Brought About Previous Defeats.

TRENTON, Oct. 10.—Word has gone out that Mercer County and the 4th Congressional District must be won for the Democrats at all cost in order that the Administration of President Wilson may not be repudiated in its home county and home district. The Democrats are basing their hopes of victory largely on dissatisfaction in the ranks of former Republicans anxious to return to their old allegiance, but dissuaded from doing so by the activity of repudiated leaders. This, the Democrats believe, will work well for the candidacy of Allan B. Walsh, the present Congressman. Republicans who went away from the party to the Progressive or to the Democrats because of opposition to the old leaders are saying now that these leaders are seeking to get back in power and that they cannot do so with their votes.

The Republican party so far has been inactive. No meetings have been held since the evening when a delegation of politicians from this place will visit Republican Highstown to participate in a meeting of the old-fashioned type.

GOT GERMAN'S VOCABULARY ALONG WITH RING AND \$40. Dictionary Gone, He Could Not Find Words to Describe Feelings. Herr A. Ensell, who is in Philadelphia to study English, baseball and the rest of the things taught here, dropped his purse containing \$40, a signet ring and a German-English dictionary this morning.

Mr. Ensell was slapped in the mouth before his loss was discovered. He then looked around for the dictionary so he could put his thoughts in real American words and found that it was gone. He turned to the long-legged man who had struck him, and in hesitating English he asked that man for the dictionary. He reached in his pocket to place a bet of \$40 that he could whip the tall man, and found he had no money.

Then blows were struck. The young man disappeared and Ensell, after brushing his trousers and hat—about the only possessions he was able to preserve—went to the detective bureau. The police are looking for the long-legged man. They expect to find in his possession a portion of \$40, a German dictionary, a signet ring and a few other things.

HOTEL DENNIS. ATLANTIC CITY N. J. IN AUTUMN. Provides a charm of comfort and ease and a most desirable environment that has established it as an ideal seashore home on the ocean front. Capacity 500.

50 MEETINGS IN STATE ON ROOSEVELT'S SCHEDULE. Wide Campaign Plan of Big Bull Moose for Party. Fifty Pennsylvania towns and many small villages are on the schedule for Colonel Roosevelt's flying tour of the State, as announced last night by A. Nevin Detrick, chairman of the Washington Party State Committee. Colonel Roosevelt will deliver addresses in all the larger towns. He will speak at smaller places from the rear of his private car.

Easton is the first stop on the list. The Roosevelt train will enter Pennsylvania from New York at Philadelphia on Monday, October 26. The tour will last four days, but in that time nearly every important town in Pennsylvania will be visited.

Stops the first day will be made at Bethlehem, Allentown, Mauch Chunk, Lansford, Tamaqua and Pottsville, which the Roosevelt party will reach at noon. During the afternoon the towns listed are Shenandoah, Mahanoy City, Ashland, Mount Carmel, Shamokin, Sunbury, Lewisburg and Milton. Colonel Roosevelt will wind up the day at Williamsport with a long address.

October 27 will see the Roosevelt party in McKeesport, Monongahela City, Charleroi, California, Uniontown, Connellsville, Scottsdale, Greensburg, Latrobe, Blairsville, Intercession, Bolivar, Johnstown, Cresson and Altoona. At the latter place the party will spend the night.

The next day, October 28, the first stop will be at York, with others at Columbia, Lancaster, Parkersburg, Conestoga, Phoenixville, Pottstown, Birdsboro, Reading, Hazleton, Wilkes-Barre and Scranton.

On October 29, the last day of the tour, Dubois, Clearfield, Tyrone and Harrisburg will be visited. At Harrisburg Colonel Roosevelt will speak at a noon meeting and then return to New York. With him on the tour will be Gifford Pinchot, William Draper Lewis and Fred E. Lewis, candidate for Secretary of Internal Affairs.

WIFE SENDS MAN TO JAIL. Accuses Husband of Selling House Furniture in Her Absence. Accused by his wife of "cleaning house" every time she goes out, William H. Washington, of 254 North Alden street, was sentenced to 30 days in the county prison when arraigned before Magistrate Emery in the Park and Lehigh avenue police station.

Mrs. Washington said that her husband seized every opportunity to take furniture from their home and sell it to second-hand furniture dealers. A week ago, she declares, a fancy lamp disappeared, and shortly after a carpet, while yesterday she returned from a shopping trip only to find that two chairs were en route to the "junk" man. She says that she does not mind house cleaning, but that this form of it is a little too radical to suit her fancy.

BRUMBAUGH IN CAMBRIA CHEERED BY GREAT CROWDS. Enthusiastic Demonstrations Mark His Progress. BLAIRSVILLE, Pa., Oct. 10.—Dr. Martin G. Brumbaugh, Republican nominee for Governor, left this place today for Johnstown, after one of the most enthusiastic receptions of the present campaign. An audience of more than 1000 listened to his address last night in the Opera House, and fully 1000 were disappointed by failure to gain admission to the crowded building.

Dr. Brumbaugh will make several speeches today in Cambria County. Plans have been made at every stop for his reception by large audiences. A torchlight parade, with brass bands and many mounted men in line and numerous banners flying, preceded the meeting here last night.

Friends of good government regarded the evening address of the gubernatorial candidate as especially significant. In view of the fact that he reached here on the same train with United States Senator Hotes Penrose, who also spoke. "In the open primaries of May I won the nomination for the office of Governor," said Doctor Brumbaugh, "with a vote of more than 25,000 qualified electors of this Commonwealth. There is no other influence in the world that controls me, no so-called boss or bosses have ever for one moment undertaken to dictate to me whether I should be a candidate or what I should do if elected."

Store Opens 8:30 A. M. WANAMAKER'S Store Closes 5:30 P. M. The Grand Organ Plays Monday at 9, 11 and 5:15. Already We Have In Stock 59,000 Pair of Gloves For Fall and Winter Wear. In every case a little better glove at a little less to pay than you are likely to find elsewhere. Not only that—but nearly all of them at our old low prices; only a few of the finer, more exclusive things have been made more costly by conditions in Europe. The wonderful collection is ready now for you to buy your winter's supplies of men's, women's and children's gloves, and you can choose from the products of America, France, England and Germany. 45,000 pair of women's long and short gloves; short gloves ranging in price from \$1 to \$2, and the long gloves from \$2.25 to \$5.50. 10,500 pair of men's gloves ranging in price from \$1.15 to \$4. 3,500 pair of children's gloves ranging in price from \$1 to \$2.75. There are plenty for immediate needs—but when they are gone we don't know what the new supplies will be like or what the prices will be. (Main Floor, Central) JOHN WANAMAKER